WHAT IS CLAIMED IS:

1. A method for inhibiting bone resorption in a mammal, said method comprising orally administering to said mammal a pharmaceutically effective amount of a bisphosphonate selected from the group consisting of alendronate, ibandronate, risedronate, pharmaceutically acceptable salts or esters thereof, and mixtures thereof as a unit dosage according to a continuous schedule having a dosing interval selected from the group consisting of once-weekly dosing, twice-weekly dosing, biweekly dosing, and twice-monthly dosing.

2. A method according to Claim 1 wherein said mammal is a human.

3. A method according to Claim 2 wherein said dosing interval is once-weekly.

4. A method according to Claim 3 wherein said unit dosage of said bisphosphonate comprises from about 3.5 mg to about 200 mg, on an acid active basis, of a bisphosphonate selected from the group consisting of ibandronate, pharmaceutically acceptable salts or esters thereof, and mixtures thereof.

5. A method according to Claim 3 wherein said unit dosage of said bisphosphonate comprises from about 3.5 mg to about 200 mg, on an acid active basis, of a bisphosphonate selected from the group consisting of risedronate, pharmaceutically acceptable salts or esters thereof, and mixtures thereof.

6. A method according to Claim 5 wherein said pharmaceutically acceptable salt is risedronate monosodium hemi-pentahydrate.

7. A pharmaceutical composition comprising about 35 mg, on an acid active basis, of a bisphosphonate selected from the group consisting of ibandronate, pharmaceutically acceptable salts or esters thereof, and mixtures thereof.

8. A pharmaceutical composition comprising about 40 mg, on an acid active basis, of a bisphosphonate selected from the group consisting of ibandronate, pharmaceutically acceptable salts or esters thereof, and mixtures thereof.

9. A pharmaceutical composition comprising about 45 mg, on an acid active basis, of a bisphosphonate selected from the group consisting of ibandronate, pharmaceutically acceptable salts or esters thereof, and mixtures thereof.

10. A pharmaceutical composition comprising about 50 mg, on an acid active basis, of a bisphosphonate selected from the group consisting of ibandronate, pharmaceutically acceptable salts or esters thereof, and mixtures thereof.

11. A pharmaceutical composition comprising about 35 mg, on an acid active basis, of a bisphosphonate selected from the group consisting of risedronate, pharmaceutically acceptable salts or esters thereof, and mixtures thereof.

12. A pharmaceutical composition comprising about 40 mg, on an acid active basis, of a bisphosphonate selected from the group consisting of risedronate, pharmaceutically acceptable salts or esters thereof, and mixtures thereof.

13. A pharmaceutical composition comprising about 45 mg, on an acid active basis, of a bisphosphonate selected from the group consisting of risedronate, pharmaceutically acceptable salts or esters thereof, and mixtures thereof.

14. A pharmaceutical composition comprising about 50 mg, on an acid active basis, of a bisphosphonate selected from the group consisting of risedronate, pharmaceutically acceptable salts or esters thereof, and mixtures thereof.

15. A pharmaceutical composition according to any of claims 11-14 wherein said pharmaceutically acceptable salt is risedronate monosodium hemi-pentahydrate

16. A kit for inhibiting bone resorption in a mammal, said kit comprising at least one pharmaceutically effective unit dosage of a bisphosphonate selected from the group consisting of alendronate, ibandronate, risedronate, pharmaceutically acceptable salts or ester thereof, and mixtures thereof, for oral administration according to a continuous schedule having a dosing interval selected

from the group consisting of once-weekly dosing, twice-weekly dosing, biweekly dosing, and twice-monthly dosing.